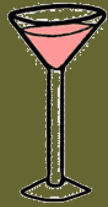


ALCOHOL





WHAT IS ALCOHOL?



- * Alcohol is the MOST ABUSED drug by Soldiers.***
- * Alcohol is a colorless and pungent liquid that can be found in beverages such as wine, beer, and liquor.***
- * Alcohol is a Central Nervous System (CNS) depressant.***
- * Alcohol is considered to be a gateway drug to other drug use***

WHAT IS ALCOHOL?

****A standard alcohol drink is considered to be:***

- ⊠ One 12-ounce bottle of beer***
- ▮ One 5-ounce glass of wine***
- ▮ 1.5 ounces of 80-proof distilled spirits.***

****Alcohol is also known as:***

- ▮ Booze***
- ▮ Juice***
- ▮ Sauce***
- ▮ Grog***



WHAT IS BLOOD ALCOHOL CONTENT (BAC)?

- ★ ***Blood Alcohol Content (BAC) - The amount of alcohol present in a 100 milliliter (mL) volume of blood.***
- ★ ***The BAC is related to the users:***
 - ***Body Weight***
 - ***Metabolism***
 - ***Drinking Speed - Someone that 'chugs' their drink will have a higher BAC than someone that 'sips' the same amount of alcohol.***

EFFECTS OF ALCOHOL AND BAC

.02 - .03 BAC - No loss of coordination, slight euphoria and loss of shyness. Depressant effects are not apparent.

.04 - .06 BAC - Feeling of well-being, relaxation, euphoria, and lower inhibitions. Minor impairment of reasoning and memory. **.05 IS THE LEGAL LIMIT IN THE U.S. ARMY.**

.07 - .09 BAC - Slight impairment of balance, speech, vision, and reaction time. Judgment and self-control are reduced, caution and reason are impaired. **IN MOST STATES THE LEGAL LIMIT IS .08.**

.1 - .125 BAC - Significant impairment of motor coordination and loss of good judgment. Speech is slurred and balance, vision, reaction time, and hearing are impaired. **IT IS ILLEGAL IN ALL STATES TO OPERATE A**



EFFECTS OF ALCOHOL AND BAC

.13 - .15 BAC - Gross motor impairment and lack of physical control. Blurred vision and serious loss of balance. Euphoria is reduced and dysphoria (anxiety, restlessness) begins to appear.

.16 - .20 BAC - Dysphoria predominates, nausea begins to appear. The drinker appears to be a *"sloppy drunk"*.

.25 BAC - Needs assistance in walking; total mental confusion. Dysphoria with nausea and some vomiting.

.30 BAC - Loss of consciousness.

.40 ≤ BAC - Coma, and possible death due to respiratory arrest.

IMMEDIATE PHYSICAL EFFECTS

- ▣ **Slurred Speech**
- ▣ **Slow Reactions**
- ▣ **Irregular Pulse**
- ▣ **Blurred Vision**
- ▣ **Loss of Inhibitions**
- ▣ **Dizziness**



- ▣ **Staggering**
- ▣ **Nausea/Vomiting**
- ▣ **Impaired Motor Skills**
- ▣ **Enlarged Heart**
- ▣ **High Blood Pressure**
- ▣ **Unconsciousness**

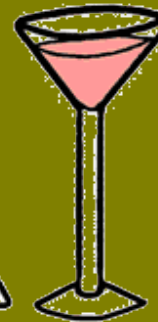
PHYSICAL SIGNS OF USE

- Dilated Pupils

- Nausea/Vomiting
• Slow Reactions

- Dizziness

- Irregular Pulse



- Slurred Speech

- Enlarged Heart

- Blurred Vision

- Alcohol Odor on Breath

- High Blood Pressure

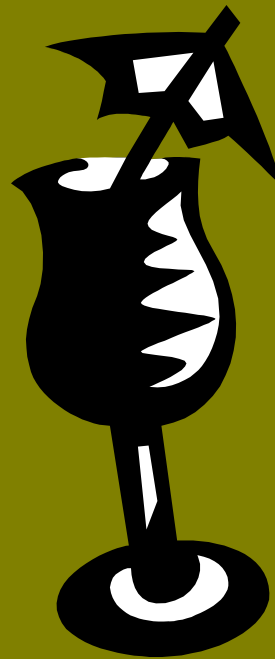
- Unconsciousness

- Overdose/Death

LONG TERM EFFECTS

※ Vitamin Deficiencies

- ▯ **Skin Problems**
- ▯ **Loss of Muscle Tissue**
- ▯ **Sexual Impotence**
- ▯ **Stomach Damage**
- ▯ **Small Intestine Damage**
- ▯ **Loss of Feeling in Hands/Feet**



- ▯ **Pregnancy Complications**
- ▯ **Liver Cirrhosis/Cancer**
- ▯ **Heart Disorders**
- ▯ **Blood Disorders**
- ▯ **Lung Disease**
- ▯ **Brain Damage**
- ▯ **Death**

ALCOHOL WITHDRAWAL

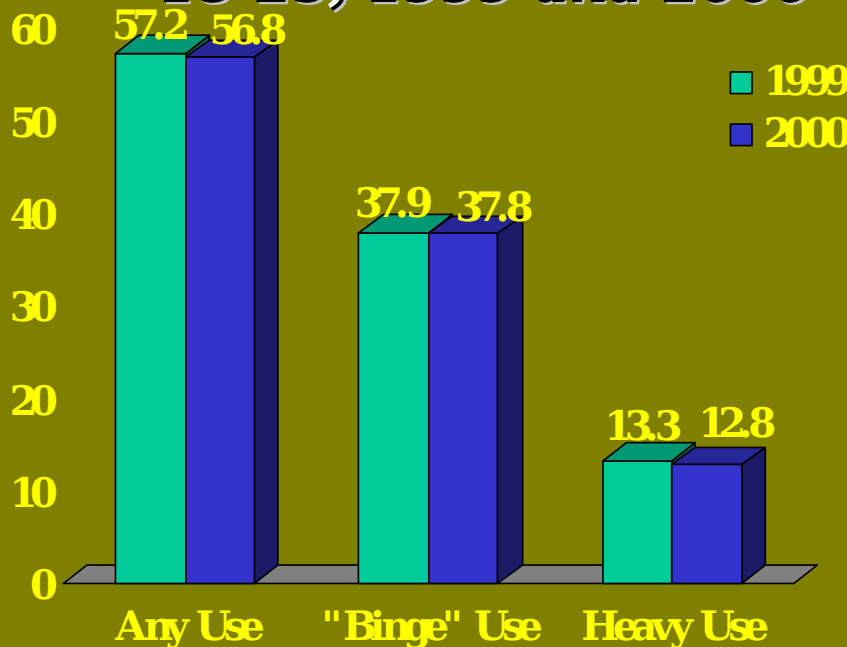
- ***When a alcohol dependent person stops consuming alcohol they may experience withdrawal symptoms:***
 - ***Auditory Hallucinations***
 - ***Paranoid Behavior***
 - ***Body Trembles, “The Shakes”, this can occur as early as 12 hours after the last drink.***
- ***The alcohol dependent person may also show minor signs of withdrawal:***
 - ***Agitation***
 - ***Profuse Sweating***
 - ***Nausea/Vomiting***
 - ***Incoherent Speech***

ALCOHOL WITHDRAWAL

- ***The addicted individual can also suffer extremely serious, and sometimes fatal, side effects of alcohol withdrawal:***
 - ***Delirium Tremens (DTs) - A disorder involving sudden and severe mental changes (psychosis) or neurologic changes (including seizures) caused by stopping the use of alcohol.***
 - ***Alcoholic Psychoses, when the addicted person is scared of imaginary small animals, and horrible sights and sounds.***

ALCOHOL USE IN THE UNITED STATES

***Percentages Reporting Past Month Alcohol Use,
Past Month "Binge" Alcohol Use, and Past
Month Heavy Alcohol Use Among Persons Aged
18-25, 1999 and 2000***



***2000 National Household Survey on
Drug Abuse***

ADDITIONAL RESOURCES

- ***<http://www.erowid.org/chemicals/alcohol/alcohol.shtml>***
- ***<http://www.niaaa.nih.gov/>***
- ***<http://www.health.org>***
- ***<http://www.sayno.com/alcohol.html>***
- ***<http://www.alcoholics-anonymous.org/>***
- ***<http://www.al-anon.alateen.org/>***



UNITED STATES ARMY CENTER FOR SUBSTANCE ABUSE PROGRAMS



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